Learn to save a life in two minutes



Supervisor Lovingood, center, joins Diana McCafferty and Mike Romo, of American Medical Response to help kick off the AMR World CPR Challenge. A new "hands-only" CPR method can be learned in just two minutes at www.heart.org/HandsOnlyCPR.

First District Supervisor Robert Lovingood is helping promote a new "hands-only" CPR technique that can be learned by watching a two-minute online video.

"Eighty-nine percent of people who have an out-of-hospital heart attack die because they don't receive immediate CPR on scene," Lovingood said. "Learning CPR is something we can all do. It doesn't take much time, and can save the life of a family member, a friend or a stranger."

May 22 marks "AMR World CPR Challenge" local agencies are invited to participate by hosting an event where participants will be trained in compression only CPR. The "hands-only" CPR method can be learned in just two minutes at www.heart.org/HandsOnlyCPR.

"Compression-only CPR performed by a bystander can more than double the survival rate of a cardiac arrest victim so there's a strong chance that someone that we will train will save a life in the future," said Bill Sanger, CEO of ESMC, AMR's parent company. For more information, contact Diana McCafferty, Manager of Administration San Bernardino County, at 909-477-5094 or diana.mccafferty@amr.net.